

Thank you for your query about our Food Intolerance Tests.

General Information

The food intolerance test, tests for 57 different foods (please see the next section of this document).

The test will only take a few minutes of your time as we only require a drop of blood by a finger prick. We will provide you with the results within 24 hours.

Appointments are crucial as the tests are imported from Germany. Please call or email us to schedule your appointment.

Costs and Packages

Package Includes	Cost	Package Type
<ul style="list-style-type: none"> The test and your results only. The test takes 60 minutes, but we will only require you for 10 minutes (or less), to do a simple finger prick test. The results are displayed per food item and whether you showed no intolerance, slight or great intolerance to each individual food item. Your results will be emailed to you. This package does not include a consultation with your dietitian or a meal plan (total cost R1500.00). The test can, unfortunately, not be claimed back from the medical aid. 	R1 750.00	Food Intolerance Test Only
<ul style="list-style-type: none"> This includes a 45-minute consultation with your dietitian, a 7-day meal plan, which is planned according to your individualized needs, as well as the food intolerance test results. We will require you for 60 minutes. The cost for the consultation (R800.00) can be claimed back from the medical aid. The cost of the meal plan cannot be claimed back from the medical aid. 	R 3 000.00	Full package

We please require a 50% (R875.00) deposit (for the test only) to confirm your booking. Please provide us with the full payment after your test has been completed. This is a cash practice and we do not claim from the medical aid on your behalf. All payments are cash or made via EFT. You can send your proof of payment and invoice to your medical aid to claim back for the consultation.

Please feel free to let us know if you have any more questions and we will happily assist.

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Practice Number: 084 000 067 1169

Tel: +27 (0) 83 257 1868

Registered Dietitian: Elzette Struwig (BDiet)

Address: 936 Jacques Street, Moreletapark, 0181, RSA

Web: <http://www.metabolicamed.co.za>

We test for the following food items:

Grains	Wheat Rye Barley Oat Grain mix A Grain mix B Gluten	Buckwheat, Amaranth, Goosefoot Corn, Rice
Nuts	Peanut Hazelnut Almond	
Fruits	Banana Fruit mix A Fruit mix B Apple Pineapple Kiwi fruit	Lemon, Orange Strawberry, Grape, Peach
Egg	Egg white Egg yolk	
Milk	Casein Cow's milk Goat's milk Sheep's milk	
Seafood	Cod Fish mix Tuna Seafood mix	Salmon, Trout Shrimp, Squid, Octopus
Vegetables	Tomato Legume mix Vegetable mix A Vegetable mix B Leek/Onion mix	Pea, Green bean Carrot, Celery Cabbage, Broccoli Garlic, Onion, Leek
Meat	Lamb/Mutton Meat mix A Meat mix B	Pork, Beef Chicken, Turkey
Others	Potato Soy Yeast Mix Cacao Coffee Mustard	Baker's yeast, Brewer's yeast

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